

The Intergenerational School Breakfast Program

Nutrition Education Training Materials

Pre-Kindergarten To Grade Three

GOALS:

- 1) To promote the WIC message to start good eating habits early in life.
- 2) To promote good nutrition in coordination with education in the schools.

OBJECTIVES:

- 1) To encourage all children who participate in ISBP to consume the breakfast served in the School Breakfast Program and promote participation in the school breakfast program.
- 2) To help children who participate in ISBP to consume their meals, as needed. (e.g. cutting up the entrée, opening a container of milk or juice etc.)
- 3) Volunteers will serve as role models and nutrition advocates by discussing and promoting the nutrition topic of the month.
- 4) Volunteers will promote literacy through the reading of children's books with positive nutrition messages.

CONTRIBUTORY OBJECTIVE:

To help promote developmental skills and literacy

SCHOOL SETTING:

Cafeteria, Classroom, Before or After school Program

GRADE:

Pre-Kindergarten to Grade Three

PLAN OF ACTION:

- 1) At each session, the volunteers will encourage the children to consume the breakfast served on their plates. Children will not be forced to eat or finish everything on their breakfast trays. Volunteers will help the children with their meals, as needed.
- 2) Volunteers will stress that eating breakfast is very important for them to feel good and to give them energy for school and play.
- 3) Volunteers may share personal experiences or stories with a nutritional message, as applicable.
- 4) Volunteers will read to the children and discuss with them the nutrition topic of the month.

• October	Breakfast
• November	Get Bone Fit With Milk
• December	Healthy Holiday Foods
• January	Go With The Grains
• February	Muscle Up With Protein
• March	National Nutrition Month/Snack Attack
• April	Five-A-Day Fruits
• May	Five-A-Day Vegetables
• June	The Food Guide Pyramid

MATERIALS:

- 1) The foods on the breakfast plate/tray (cereal, juice, milk, etc.)
- 2) Volunteer teaching kit including nutrition books, handouts and incentive items related to the nutrition topic of the month. Other materials as designated by the school.

TEACHING POINTS FOR MONTHLY TOPICS:

October Breakfast

- ❑ Breakfast is the most important meal of the day to give you energy for school and play.

Without a good breakfast, you may:

- Feel sleepy in class
 - Get a headache
 - Have difficulty thinking in class
 - Get a stomach ache
 - Become irritable and cranky
- ❑ Breakfast is necessary to “start your engine” for the day.
 - ❑ A good breakfast is “food for your brain” and helps you do better in school.
 - ❑ A good breakfast includes different kinds of foods:
 - Cereal with milk and banana
 - Pancakes, milk and strawberries
 - Cheese, toast and juice

November Get Bone Fit With Milk

- ❑ Milk has calcium, a nutrient that helps your body build strong teeth and bones.
- ❑ If you can't drink milk or don't like milk, other foods also have calcium:
 - Yogurt
 - Cheese pizza
 - Macaroni and cheese
 - Broccoli
 - Calcium fortified orange juice
- ❑ Our bodies need three servings of calcium foods every day. Here is an example:
 - Breakfast: Cereal with milk
 - Lunch: Macaroni and cheese
 - Snack: Strawberry yogurt



December Healthy Holiday Foods

- ❑ We eat a lot of special foods during the holidays. Here are some examples:
 - Turkey and stuffing on Thanksgiving
 - Hot dogs and hamburgers on the Fourth of July
 - What special holiday foods do you eat?
- ❑ A good holiday meal includes different kinds of foods. Here is an example:
 - Turkey with stuffing, sweet potatoes, green beans and milk
- ❑ Holiday celebrations also include lots of cookies, cakes, desserts and other sweets.
- ❑ A small amount of dessert is OK but don't eat too much!
- ❑ Eating a little of all the different kinds of foods is the best way to a healthy day!

January Go With The Grains

- ❑ Grain foods come from wheat, oats and rye and corn.
- ❑ Some grain foods are: breads, cereals, noodles and rice.
- ❑ These foods have a lot of vitamins and help you have energy for school and play.
- ❑ Whole grains like whole wheat bread, Wheaties® and Total® have fiber that helps us digest our food better.
- ❑ What is your favorite grain food?

February Muscle Up With Protein

- ❑ Protein is a nutrient your body needs for strong muscles, skin and hair.
- ❑ Protein is found in beef, fish, pork and chicken.
- ❑ Protein is also found in nuts, seeds, beans, eggs and milk.
- ❑ We should eat a small amount of protein foods at each of our meals. Here is an example:
 - Breakfast An **egg**, with toast and juice
 - Lunch **Peanut butter** and jelly sandwich, carrots and **milk**
 - Dinner **Chicken** with rice and broccoli
- ❑ Some people are called vegetarians, because they don't eat meat. Vegetarians get their protein from nuts, seeds, and beans.

March National Nutrition Month Snack Attack

- ❑ The President has named March "National Nutrition Month" so people will think about the foods they need to eat to stay healthy.
- ❑ Kids need healthy snacks to provide energy between meals.
- ❑ Healthy snacks combine different kinds of foods. Here are some examples:
 - An apple and peanut butter
 - Carrot sticks and 2 crackers with cheese
 - Milk, pretzel sticks and grapes
 - Tortilla chips and salsa



April Five-A-Day Fruits

- ❑ Fruits are foods that grow on trees or bushes and usually taste sweet.
- ❑ Fruits are nature's dessert.
- ❑ Fruits contain important vitamins, like vitamin C, that help our bodies heal cuts and can help prevent us from getting sick.
- ❑ Vitamin C is also found in 100% fruit juices.
- ❑ Kool-Aid™, punches, fruit drinks and soda have a lot of sugar in them and are NOT 100% fruit juice.
- ❑ We should get 2-3 servings of fruit every day. Here is an example:
 - Breakfast Cereal with banana and milk
 - Lunch Ham and cheese sandwich with orange juice
 - Snack Pretzels and grapes

May Five-A-Day Vegetables

- ❑ Vegetables are foods that can be grown in the ground, like potatoes and carrots.
- ❑ Vegetables can also come from the flower of the plant, like broccoli, green peppers and cucumber.
- ❑ Vegetables contain important nutrients that help our bodies stay healthy and prevent diseases like cancer and heart disease.
- ❑ We should eat at least 2 servings of vegetables every day. Here is an example:
 - Lunch A turkey sandwich with carrot sticks and milk
 - Dinner Meat loaf, mashed potatoes, and green beans

June The Food Guide Pyramid

- ❑ The Food Guide Pyramid shows us all the foods we should eat.
- ❑ The Food Guide Pyramid groups foods together and tells us how much we should eat from each group every day.
- ❑ There is a special Food Guide Pyramid for children.
- ❑ We should eat the most food from the bottom of the Pyramid, and less of the foods on the top.
- ❑ After the children are done eating breakfast give each of them a Children's Food Guide Pyramid and talk about the foods in each of the groups.



The Intergenerational School Breakfast Program is administered by New Jersey WIC Services. For more information log on to www.nj.gov/health/isbp or call (609) 292-9560.